

GREAT MOMENTS, GREAT THOUGHTS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
MONDAY	<ul> <li>Meat ravioli</li> <li>Mushroom cream</li> <li>Garlic bread</li> <li>Capresse tomato</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Chicken fricasse</li> <li>Cuchuco</li> <li>White rice</li> <li>Manioc croquette</li> <li>Florentine salad</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Powdered meat</li> <li>Bean casserole</li> <li>White rice</li> <li>Arepa, platain slice</li> <li>Avocado</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Chicken chips</li> <li>Carrot cream</li> <li>White rice</li> <li>Criolla potato</li> <li>Apple salad</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Hungarian-style Goulash</li> <li>Platain soup</li> <li>White rice</li> <li>Potato strips</li> <li>Pickled vegetables</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>
TUESDAY	<ul> <li>Stroganoff</li> <li>Oatmeal soup</li> <li>White rice</li> <li>Caramelised banana</li> <li>Mixed vegetables</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Fish fingers</li> <li>Spinach cream</li> <li>Rice with Parsley</li> <li>Platain chips</li> <li>Stir-fried vegetables</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Chicken in traditional sauce</li> <li>Rice soup</li> <li>Potato with hogao</li> <li>Cream broccoli</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Fried fish a l'orly</li> <li>Traditional soup</li> <li>White rice</li> <li>Platain slice</li> <li>Lentils in traditional sauce</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	
WEDNESDAY	<ul> <li>Fried fish</li> <li>Grilled meat</li> <li>Onion soup</li> <li>Coleslaw salad</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Meat crepes</li> <li>French soup</li> <li>Arracacha chips</li> <li>Mediterranean salad</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Potato chicken pie</li> <li>"Angel hair" consommé</li> <li>White rice</li> <li>Manioc croquette</li> <li>Stir-fried vegetables</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Cordon bleu</li> <li>Tomato soup</li> <li>White rice</li> <li>Potato salad</li> <li>Mixed vegetables</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	
THURSDAY	<ul> <li>Rice with chicken</li> <li>Noodle soup</li> <li>Chip potato</li> <li>Avocado salad</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Grilled beef fajitas</li> <li>Traditional soup</li> <li>White rice</li> <li>Salted potato</li> <li>Chickpeas Madrilenian style</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Fried fish</li> <li>Sancochito</li> <li>White rice</li> <li>Platain with hogao</li> <li>Mixed vegetables</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Baked chicken leg</li> <li>Ajiaco</li> <li>White rice</li> <li>Corn/ Arepa</li> <li>Avocado slice</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	
FRIDAY	<ul> <li>Mixed parrillada</li> <li>Argentinian chicken soup</li> <li>Sour cream potato</li> <li>Grilled vegetables from Argentina</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Breaded chicken leg</li> <li>Celestine consommé</li> <li>Rice pilaf</li> <li>French fries</li> <li>Carrot and celery dip</li> <li>Fruit bar</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Meat pad thai</li> <li>Wonton soup</li> <li>Thai rice</li> <li>Thai vegetables</li> <li>Salad bar</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	<ul> <li>Fetuccini with meat in bolognese sauce</li> <li>Vegetable cream</li> <li>Baguette</li> <li>Capresse tomato</li> <li>Fruit of the day</li> <li>Natural fruit juice or water</li> </ul>	

EMBER EMBER

6

In accordance with Resolution 3803 of 2016 issued by the Ministry of Social Protection, which regulates the Recommended Energy and Nutrient Intakes (RIEN), the Estimated Average Requirements are established to determine the appropriate proportion of nutrients in the school canteen lunch. This lunch represents approximately one third of the total daily nutrient requirements of the different groups in the school community. It is essential to stress the importance of supplementing with the other meals of the day.

